

In the claims

1-2 (cancelled)

3. (currently amended) An abdominal exercise apparatus, comprising:

a frame;

a seat mounted on the frame;

a handlebar movably mounted on a first portion of the frame and extending generally vertically upward in front of the seat;

a foot support pivotally mounted on a discrete, second portion of the frame and extending generally horizontally outward beneath the handlebar and forward of the seat, wherein the foot support has a forward end sized and configured to support a user's feet, and a relatively rearward portion movably linked to the handlebar in a manner that links downward, clockwise movement of the handlebar to upward, counter-clockwise movement of the foot support; and

an adjustable resistance means device interconnected between the frame and at least one of the handlebar and the foot support, for resisting upward movement of the foot support relative to the frame.

4. (original) The exercise apparatus of claim 3, wherein the forward end of the foot support has upper and lower foot engaging portions configured and arranged to accommodate a person's feet therebetween.

5. (original) The exercise apparatus of claim 3, wherein the seat is rigidly connected to the frame.

6. (cancelled)

7. (previously amended) An abdominal exercise apparatus, comprising:

a frame;

a seat mounted on the frame;

a handlebar movably mounted on a first portion of the frame and extending generally vertically upward in front of the seat;

a foot support pivotally mounted on a discrete, second portion of the frame and extending generally horizontally outward beneath the handlebar and forward of the seat, wherein the foot support has a forward end sized and configured to support a user's feet, and a relatively rearward portion movably linked to the handlebar in a manner that links downward movement of the handlebar to upward movement of the foot support;

a handlebar link having a forward end pivotally connected to a lower end of the handlebar, an intermediate portion pivotally connected to the frame, and a rearward portion pivotally connected to an upper end of an intermediate link, wherein an opposite, lower end of the intermediate link is pivotally connected to the relatively rearward portion of the foot support.

8. (original) The exercise apparatus of claim 7, wherein a rearward end of the foot support is pivotally connected to the frame, and the relatively rearward portion of the foot support is

disposed between the rearward end of the foot support and the forward end of the foot support.

9. (previously amended) The exercise apparatus of claim 7, further comprising an adjustable resistance means interconnected between the frame and a rearward end of the handlebar link, for resisting downward movement of the handlebar relative to the frame.

10. (previously amended) The exercise apparatus of claim 7, further comprising an adjustable resistance means interconnected between the frame and the foot support, for resisting upward movement of the foot support relative to the frame.

11. (previously amended) An abdominal exercise apparatus, comprising:

- a frame;

- a seat mounted in place on the frame;

- a handlebar having a first end sized and configured to support a person's hands, an intermediate portion pivotally connected to the frame, and an opposite, second end;

- a foot support having a first end sized and configured to support a person's feet, and an opposite, second end pivotally connected to the frame; and

- at least one link pivotally interconnected between the second end of the handlebar and an intermediate portion of the foot support to link downward movement of the handlebar to upward movement of the foot support, wherein the at least one link includes a connector link that extends generally perpendicular to the foot support, and the handlebar includes a generally horizontal

section that extends generally parallel to the connector link.

12-13(cancelled)

14. (original) The exercise apparatus of claim 11, wherein the handlebar pivots about a first pivot axis relative to the frame, and the foot support pivots about a discrete, second pivot axis relative to the frame.

15. (previously amended) The exercise apparatus of claim 14, wherein each said axis extends underneath a planform defined by the seat.

16. (previously amended) An abdominal exercise apparatus, comprising:

a frame;

a seat mounted in place on the frame;

a handlebar having a first end sized and configured to support a person's hands, an intermediate portion pivotally connected to the frame, and an opposite, second end;

a foot support having a first end sized and configured to support a person's feet, and an opposite, second end pivotally connected to the frame;

at least one link pivotally interconnected between the second end of the handlebar and an intermediate portion of the foot support to link downward movement of the handlebar to upward movement of the foot support; and

an adjustable resistance means interconnected between the frame and the handlebar, for resisting downward movement of the handlebar relative to the frame.

17. (previously amended) An abdominal exercise apparatus, comprising:

a frame;

a seat mounted in place on the frame;

a handlebar having a first end sized and configured to support a person's hands, an intermediate portion pivotally connected to the frame, and an opposite, second end;

a foot support having a first end sized and configured to support a person's feet, and an opposite, second end pivotally connected to the frame;

at least one link pivotally interconnected between the second end of the handlebar and an intermediate portion of the foot support to link downward movement of the handlebar to upward movement of the foot support; and

an adjustable resistance means interconnected between the frame and the foot support, for resisting upward movement of the foot support relative to the frame.